

JANICE FUNG

Mackintosh School of Architecture | PhD (Energy & Sustainability)

DIARY INFORMATION

DIARY: 10

NO. OF OCCUPANTS: 1 occupant

ADDRESS: 0/1 34 Napiershall Place

DIARY DATES: 25 Oct 2006-23 Nov 2006

MONITORING DATES: 24 Oct 2006-8 Nov 2006 (Temp/RH)
25-26 Nov 2006 (CO₂ and Temp/RH)

1. HEALTH (Yes – 1, No – 0, Unsure – 100, N/A - 99)

DIARY No.	Regular Diet	Smoked	No. Cigarettes	Medication	Medication for health	Alcohol	No. of units consumed			
1	1	1	16	1	1	0	99			
2	1	1	14	1	1	0	99			
3	1	1	15	1	1	0	99			
4	1	1	16	1	1	0	99			
5	1	1	14	1	1	0	99			
6	1	1	15	1	1	0	99			
7	1	1	14	1	1	0	99			
8	1	1	12	1	1	0	99			
9	1	1	16	1	1	1	4			
10	1	1	16	1	1	0	99			
11	1	1	15	1	1	0	99			
12	1	1	18	1	1	0	99			
13	1	1	20	1	1	0	99			
14	1	1	14	1	1	0	99			
15	1	1	15	1	1	0	99			
16	1	1	12	1	1	1	3			
17	1	1	14	1	1	0	99			
18	1	1	19	1	1	0	99			
19	1	1	18	1	1	0	99			
20	1	1	17	1	1	0	99			
21	1	1	19	1	1	0	99			

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22	1	1	11	1	1	0	99			
23	1	1	15	1	1	0	99			
24	1	1	14	1	1	0	99			
25	1	1	?	1	1	0	99			
26	1	1	16	1	1	0	99			
27	1	1	16	1	1	0	99			
28	1	1	17	1	1	0	99			
29	1	1	15	1	1	0	99			
30	1	1	17	1	1	0	99			
TALLY										

2. OCCUPATION AT HOME (Yes – 1, No – 0, Unsure – 100, N/A - 99)

DIARY No.	No. Hours at home	Laundry	Drying	Cooking	Cleaning	Others				
1	12	0	0	1	0	0				
2	12	0	0	1	0	0				
3	11	0	0	1	1	1				
4	9	0	0	1	0	0				
5	15	0	0	1	0	0				
6	12	1	1	1	1	0				
7	12	1	1	1	1	0				
8	15	0	0	1	0	0				
9	8	1	1	1	0	0				
10	15	0	0	1	0	0				
11	12	0	0	1	1	0				
12	15	0	0	1	0	0				
13	12	0	0	1	1	0				
14	13	0	0	1	1	0				
15	20	0	0	1	0	0				
16	12.5	0	0	1	0	0				
17	24	1	1	1	0	0				
18	21	0	0	1	0	0				
19	24	1	1	1	0	0				
20	21	0	0	1	0	0				
21	24	1	1	1	1	1				
22	16	0	0	1	0	0				
23	18	0	0	1	0	0				

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24	20	1	1	1	1	0				
25	21	0	0	1	0	0				
26	24	1	1	1	0	0				
27	19	0	0	1	0	0				
28	20	0	0	1	1	0				
29	21	0	0	1	1	0				
30	20	0	0	1	1	0				
TALLY										

3. HEATING (Yes – 1, No – 0, Unsure – 100, N/A – 99, a - auto)

DIAR Y No.	Heating On	Lvrm	Lvrm – Radiator Level	Kitchen	Kitchen – Radiator Level	Bdrm 1	Bdrm 1 – Radiator Level	Bdrm 2	Bdrm 2 – Radiator Level	Bdrm 3	Bdrm 3 – Radiator Level	Bathroom	Bathroom – Radiator Level	Toilet	Toilet – Radiator Level	Hallway	Hallway – Radiator Level	Thermostat(s)	Difficulty to operate
1	1	1	5	1	2	1	2	99	99	99	99	1	3	99	99	1	A	10 0	0
2	1	1	5	1	2	1	2	99	99	99	99	1	3	99	99	1	A	25	0
3	1	1	5	1	2	1	2	99	99	99	99	1	3	99	99	1	A	23	0
4	1	1	5	1	2	1	2	99	99	99	99	0	99	99	99	1	A	23	0
5	1	1	5	1	2	1	3	99	99	99	99	0	99	99	99	1	A	23	0
6	1	1	5	1	2	1	3	99	99	99	99	0	99	99	99	1	A	23	0
7	1	1	5	1	2	1	3	99	99	99	99	0	99	99	99	1	A	25	0
8	1	1	5	1	2	1	3	99	99	99	99	0	99	99	99	1	A	25	0
9	1	1	5	1	2	1	3	99	99	99	99	0	99	99	99	1	A	25	0
10	1	1	5	1	3	1	3	99	99	99	99	1	2	99	99	1	A	25	0
11	1	1	5	1	3	1	3	99	99	99	99	1	2	99	99	1	A	25	0
12	1	1	5	1	2	1	2	99	99	99	99	1	2	99	99	1	A	23	0
13	1	1	5	1	2	1	3	99	99	99	99	1	3	99	99	1	A	25	0
14	1	1	5	1	2	1	3	99	99	99	99	1	3	99	99	1	A	23	0
15	1	1	5	1	2	1	3	99	99	99	99	1	3	99	99	1	A	23	0
16	1	1	5	1	2	1	3	99	99	99	99	0	99	99	99	1	A	25/ 22	0
17	1	1	5	1	2	1	3	99	99	99	99	1	3	99	99	1	A	22/ 25	0
18	1	1	5	1	2	1	3	99	99	99	99	1	3	99	99	1	A	25	0
19	1	1	5	1	2	1	3	99	99	99	99	1	3	99	99	1	A	23	0
20	1	1	5	1	2	1	3	99	99	99	99	1	3	99	99	1	A	23	0
21	1	1	5	1	2	1	3	99	99	99	99	1	3	99	99	1	A	25	0
22	1	1	5	1	2	1	3	99	99	99	99	1	3	99	99	1	A	22/ 25	0
23	1	1	5	1	2	1	3	99	99	99	99	0	99	99	99	1	A	23/ 25	0

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																		25	
24	1	1	5	1	2	1	3	99	99	99	99	0	99	99	99	1	A	25	0
25	1	1	5	1	2	1	3	99	99	99	99	1	3	99	99	1	A	25	0
26	1	1	5	1	2	1	3	99	99	99	99	1	3	99	99	1	A	25	0
27	1	1	5	1	2	1	3	99	99	99	99	1	3	99	99	1	A	23/ 25	0
28	1	1	5	1	2	1	3	99	99	99	99	1	3	99	99	1	A	25	0
29	1	1	5	1	2	1	3	99	99	99	99	1	3	99	99	1	A	25	0
30	1	1	5	1	2	1	3	99	99	99	99	1	3	99	99	1	A	25	0
TALL Y																			

REASONS: Warmth; Diary 7: “warmth and colder today”; Diary 16: “warmth morning; reduced when out”; Diary 17: “warmth adjust thermostat to keep living room comfortable”; Diary 21: “warmth and colder outside”; Diary 22: “reduced thermostat when out”; Diary 23: “warmth and colder outside and damp”; Diary 27: “warmth morning and evening; lowered temperature when out”;

4. VENTILATION – WINDOWS (Yes – 1, No – 0, Unsure – 100, N/A - 99)

DIARY No.	Windows Opened	Lvrm	Lvrm –duration	Kitchen	Kitchen – duration	Bdrm 1	Bdrm 1 – duration	Bdrm 2	Bdrm 2 – duration	Bdrm 3	Bdrm 3 – duration	Bathroom	Bathroom – duration	Toilet	Toilet – duration	Difficulty to operate
1	1	1	24	0	99	1	24	99	0	99	0	99	0	99	0	0
2	1	1	24	0	99	1	24	99	0	99	0	99	0	99	0	0
3	1	1	20	0	99	1	24	99	0	99	0	99	0	99	0	0
4	1	1	24	0	99	1	24	99	0	99	0	99	0	99	0	0
5	1	1	20	0	99	1	24	99	0	99	0	99	0	99	0	0
6	1	1	20	0	99	1	20	99	0	99	0	99	0	99	0	0
7	1	1	14	0	99	1	14	99	0	99	0	99	0	99	0	0
8	1	1	14	0	99	1	14	99	0	99	0	99	0	99	0	0
9	1	100	?	100	?	100	?	99	0	99	0	99	0	99	0	0
10	1	100	?	100	?	100	?	99	0	99	0	99	0	99	0	0
11	1	1	24	0	99	1	24	99	0	99	0	99	0	99	0	0
12	1	1	24	0	99	1	24	99	0	99	0	99	0	99	0	0
13	1	1	24	0	99	1	24	99	0	99	0	99	0	99	0	0
14	1	1	24	0	99	1	24	99	0	99	0	99	0	99	0	0
15	1	1	24	0	99	1	24	99	0	99	0	99	0	99	0	0
16	1	1	24	0	99	1	24	99	0	99	0	99	0	99	0	0

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17	1	1	24	0	99	1	24	99	0	99	0	99	0	99	0	0
18	1	1	24	0	99	1	24	99	0	99	0	99	0	99	0	0
19	1	1	24	0	99	1	24	99	0	99	0	99	0	99	0	0
20	1	1	24	0	99	1	24	99	0	99	0	99	0	99	0	0
21	1	1	24	0	99	1	24	99	0	99	0	99	0	99	0	0
22	1	1	24	0	99	1	24	99	0	99	0	99	0	99	0	0
23	1	1	24	0	99	1	24	99	0	99	0	99	0	99	0	0
24	1	1	24	0	99	1	24	99	0	99	0	99	0	99	0	0
25	1	1	24	0	99	1	24	99	0	99	0	99	0	99	0	0
26	1	1	19	0	99	1	19	99	0	99	0	99	0	99	0	0
27	1	1	19	0	99	1	24	99	0	99	0	99	0	99	0	0
28	1	1	24	0	99	1	24	99	0	99	0	99	0	99	0	0
29	1	1	10	0	99	1	10	99	0	99	0	99	0	99	0	0
30	1	1	8	0	99	1	8	99	0	99	0	99	0	99	0	0
TALLY																

REASONS: Fresh Air, Diary 3: “living room closed during evening feeling a draught”;
Diary 5: “fresh air; closed living room windows in evening for draught opened before going to bed”;
Diary 6: “For fresh air; living room and bedroom closed in evening”;
Diary 7: “Living room and bedroom open in morning closed evening and night”;
Diary 12: “leave open at night adjust during day”;
Diary 13: “leave open during night for ventilation; open close during day if too warm or if draught”;
Diary 26: “fresh air closed living room and bedroom in evening as it got cold; re-opened living room at bed time”;
Diary 29: “fresh air; felt cold when I came home and closed windows to heat flat”;

5. VENTILATION – TRICKLE VENTS (Yes – 1, No – 0, Unsure – 100, N/A - 99)

DIARY No.	Trickle Vents Opened	Lvrm	Lvrm – duration	Kitchen	Kitchen – duration	Bdrm 1	Bdrm 1 – duration	Bdrm 2	Bdrm 2 – duration	Bathroom	Bathroom – duration	Toilet	Toilet – duration	Difficulty to operate
1	1	1	24	1	24	1	24	99	0	99	0	99	0	1
2	1	1	24	1	24	1	24	99	0	99	0	99	0	1
3	1	1	24	1	24	1	24	99	0	99	0	99	0	1
4	1	1	24	1	24	1	24	99	0	99	0	99	0	1
5	1	1	24	1	24	1	24	99	0	99	0	99	0	1
6	1	1	24	1	24	1	24	99	0	99	0	99	0	1
7	1	1	24	1	24	1	24	99	0	99	0	99	0	1
8	1	1	24	1	24	1	24	99	0	99	0	99	0	1
9	1	1	24	1	24	1	24	99	0	99	0	99	0	1

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10	1	1	24	1	24	1	24	99	0	99	0	99	0	1
11	1	1	24	1	24	1	24	99	0	99	0	99	0	1
12	1	1	24	1	24	1	24	99	0	99	0	99	0	1
13	1	1	24	1	24	1	24	99	0	99	0	99	0	1
14	1	1	24	1	24	1	24	99	0	99	0	99	0	1
15	1	1	24	1	24	1	24	99	0	99	0	99	0	1
16	1	1	24	1	24	1	24	99	0	99	0	99	0	1
17	1	1	24	1	24	1	24	99	0	99	0	99	0	1
18	1	1	24	1	24	1	24	99	0	99	0	99	0	1
19	1	1	24	1	24	1	24	99	0	99	0	99	0	1
20	1	1	24	1	24	1	24	99	0	99	0	99	0	1
21	1	1	24	1	24	1	24	99	0	99	0	99	0	1
22	1	1	24	1	24	1	24	99	0	99	0	99	0	1
23	1	1	24	1	24	1	24	99	0	99	0	99	0	1
24	1	1	24	1	24	1	24	99	0	99	0	99	0	1
25	1	1	24	1	24	1	24	99	0	99	0	99	0	1
26	1	1	24	1	24	1	24	99	0	99	0	99	0	1
27	1	1	24	1	24	1	24	99	0	99	0	99	0	1
28	1	1	24	1	24	1	24	99	0	99	0	99	0	1
29	1	1	24	1	24	1	24	99	0	99	0	99	0	1
30	1	1	24	1	24	1	24	99	0	99	0	99	0	1
TALLY														

REASONS: Fresh air, Ventilation

6. EMOTIONS & WELL-BEING 1 (Positive – 1, Negative – 0, Unsure – 100, N/A - 99)

DIARY No.	Temperature in house	Temp. in house – Intensity	Weather	Weather – Intensity	Other reasons	Other – Intensity	Health Condition	Health – Intensity	No. Problems	Problems – Intensity	No. Control problems	Control - Intensity
1	1	100	100	100	100	100	100	100	0	100	100	100
2	1	3	0	2	100	100	1	3	0	4	1	4
3	100	100	100	100	100	100	100	100	0	100	100	100
4	100	100	100	100	100	100	100	100	0	100	100	100
5	100	100	100	100	100	100	100	100	0	100	100	100
6	100	100	100	100	100	100	100	100	0	100	100	100
7	100	100	100	100	100	100	100	100	0	100	100	100
8	100	100	100	100	100	100	100	100	0	100	100	100
9	100	100	100	100	100	100	100	100	0	100	100	100

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10	100	100	100	100	100	100	100	100	0	100	100	100
11	100	100	100	100	100	100	100	100	0	100	100	100
12	100	100	100	100	100	100	100	100	0	100	100	100
13	100	100	100	100	100	100	100	100	0	100	100	100
14	100	100	100	100	100	100	100	100	0	100	100	100
15	1	3	100	3	100	100	100	100	1	3	100	3
16	1	3	1	3	1	3	0	4	0	1	1	3
17	1	3	0	3	1	3	1	3	1	3	0	3
18	1	3	0	3	1	3	0	3	0	3	1	3
19	1	3	1	3	1	3	1	3	0	3	1	3
20	1	3	0	3	1	3	1	3	0	3	1	100
21	1	3	0	3	1	3	1	3	0	3	1	3
22	1	3	0	3	1	3	1	3	0	3	1	3
23	1	3	1	3	1	3	1	3	0	3	1	3
24	1	3	0	3	1	3	1	3	0	3	1	3
25	1	3	0	3	1	3	1	3	0	3	1	3
26	1	3	1	3	1	3	1	3	0	3	1	3
27	1	3	0	3	1	3	1	3	0	3	0	3
28	1	3	1	3	1	3	1	3	0	3	1	3
29	1	3	0	3	1	3	0	3	0	3	1	3
30	1	3	0	3	1	3	0	3	0	3	1	3
TALLY												

NOTES: mainly warm and comfortable

Diary 2: comfortable; dull depressing day; no problems; everything been good

Diary 15: light bulb in the living room went out

Diary 16: "comfortable in the morning and nice and warm when I came home at night;

Happy! Had a good day out at St. Andrews and a very nice evening; no problems;

knees a little bit stiff with the cold and sitting on the bus; no problems"

Diary 17: "Warm and comfortable; dull in all day; no problems; felt good. Tired after

day out yesterday; another light bulb this time in the hall; had to ask the wardens to

replace them for me as I cannot go up step ladders; frustrated about things you cannot do now"

Diary 18: "nice and warm and relaxed; a bit dull and depressed; missed going in to

town; headache due to weather"

Diary 19: "Lazy as usual for Sunday; no problems"

Diary 20: "warm, dull day"

Diary 21: "Duly day and bit depressed at the weather; not able to go out"; had light bulbs changed by warden

Diary 22: "Depressed very heavy rain came home soaked"

Diary 23: "had to increase the thermostat in evening as the living got colder"

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Diary 27: “glad to get home out of the rain; made mistake with lowering thermostat and went out; miss having gas fire for immediate heat”

Diary 29: “Glad to get home as it was very cold and windy out; mouth sore; I have an ulcer on my gum and it is painful”

Diary 30: glad to be home with miserable weather outside; mouth still sore

7. EMOTIONS & WELL-BEING 2 (Positive – 1, Negative – 0)

DIARY No.	Enthusiastic – Intensity	Proud – Intensity	Active – Intensity	Alert – Intensity	Irritable – Intensity	Scared/Afraid – Intensity	Other Emotions					
1	100	100	100	100	100	100	100					
2	100	100	100	100	100	100	100					
3	100	100	100	100	100	100	100					
4	100	100	100	100	100	100	100					
5	100	100	100	100	100	100	100					
6	100	100	100	100	100	100	100					
7	100	100	100	100	100	100	100					
8	100	100	100	100	100	100	100					
9	100	100	100	100	100	100	100					
10	100	100	100	100	100	100	100					
11	100	100	100	100	100	100	100					
12	100	100	100	100	100	100	100					
13	100	100	100	100	100	100	100					
14	100	100	100	100	100	100	100					
15	100	100	100	100	100	100	100					
16	4	3	3	4	100	100	100					
17	100	100	100	100	1	100	100					
18	3	100	100	100	100	100	100					
19	100	100	100	100	100	100	100					
20	100	100	100	100	100	100	100					
21	100	100	100	100	100	100	100					
22	100	100	100	100	100	100	100					
23	100	100	100	100	100	100	100					
24	100	100	100	100	100	100	100					
25	100	100	100	100	100	100	100					
26	100	100	100	100	100	100	100					
27	100	100	100	100	100	100	100					

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28	100	100	100	100	100	100	100					
29	100	100	100	100	100	100	100					
30	100	100	100	100	100	100	100					
TALLY												

ADDITIONAL NOTES:

- **Diary 16: "Looking forward to day out and enjoying the company"**
- **Diary 19: Overall 3 (assuming positive feelings)**
- **Diary 20: Overall 3**
- **Diary 21: Overall 3**